



P2050

530

Fall/Winter 2018-2019

Human Adjustment

**Professor:** Michelle Everest  
**Email:** [meveres@uwo.ca](mailto:meveres@uwo.ca)  
**Office Hours:** Wednesdays 3:15-4:15pm (TBA) \* by appointment  
**Class Time/Location:** Wednesdays 4:30-7:30pm (BR-UH250)  
**Website:** owl.uwo.ca

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## 1.0 COURSE DESCRIPTION

Utilizing information from several branches of psychology, this course focuses on an appreciation of how psychology principles and insights can be applied to everyday adjustment to life tasks. Topics will include: coping with stress, building self-esteem, self-control, social relationships, gender, sexuality, work, and psychological disorders.

**Antirequisite:** Psychology 2030A/B, 2035A/B.

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

## 2.0 TEXTBOOK

Weiten, W, Dunn, D, & Hammer, E. (2018). Psychology applied to modern life: Adjustment in the 21st century (12th edition). Belmont, CA: Wadsworth.

## 3.0 LECTURE SLIDES

Weekly lecture templates are provided to students on the course's Owl Sakai website. It is the student's responsibility to ensure that they collect completed lecture notes (including media) in the event of absence. Students are encouraged to support each other in this regard. The professor will be available to answer clarifying questions as needed during weekly office hours, before and after class, and during classroom breaks. Please note that completed material and media will not be available to students outside of the classroom session.

## 4.0 COURSE OBJECTIVES

This course is designed to be an introduction to the study of human adjustment. The primary focus of the course will be on psychological issues related to human adjustment. Aspects of biological, sociological, and cultural topics will also be included. The course will cover a broad range of topics presented in a diverse and inclusive manner (see 7.0). Four (4) multiple choice examinations that will be delivered in order for student's to demonstrate competency in this curriculum.

### Learning Objectives

- Students will be able to apply their knowledge of the Psychology of the self, group dynamics, persuasion and influence to navigate real-life situations. Diverse perspective and inclusive language will be emphasized. Students will have the opportunity to reach level 2 in the Core Competencies of **Social Awareness & Engagement, Self-Awareness & Development** (Personal Growth), and **Valuing**.
- Students will develop an understanding of the existing data and research approaches to physical, mental-emotional, spiritual health and well-being. Students will have the opportunity to develop level 2 abilities in the Core Competencies of **Communication** (Communicating Ideas) **Critical Thinking, Inquiry & Analysis**, and **Problem Solving**.
- Students will be able to describe the different research approaches in Psychology that attempt to better interpret behaviours and social influences. Students will have the opportunity to develop level 2 abilities in the Core Competencies of **Critical Thinking, Inquiry & Analysis, Self-Awareness & Development** (Cognitive Domain), and **Valuing**.

See: <http://brescia.uwo.ca/academics/brescia-competencies/>

## 5.0 DROP DATES FOR THE 2018-2019 ACADEMIC YEAR

First-term half-courses or a first-term full course (A, F)	November 12, 2018
<b>Full courses and full year half-courses</b>	<b>November 30, 2018</b>
Second-term half-courses or a second-term full course (B,G)	March 7, 2019

## 6.0 EVALUATION

In order to be fully prepared for evaluation in this course, it is important to integrate the course text book material with lecture material that is presented in class. It is the student's responsibility to obtain complete class notes. In the even of a planned or unplanned class absence, the student must obtain any missed materials from classmates. It is strongly recommended that students work together to support one another throughout the two semesters. The instructor will not provide material to any student outside of the classroom lecture. Media presented in class will only be shown once, and will not be loaned.

Course evaluation will consist of four (4) examinations worth 25% EACH. The exams will be in multiple choice formats and will cover material from lecture notes and the textbook. The exams are **NOT** cumulative. See lecture schedule (Section 7.0).

Exam 1 (in class)	25%	October 17, 2018
Exam 2	25%	November 28, 2018
Exam 3 (in class)	25%	February 13, 2019
Exam 4	25%	TBA*

\* Student identification must be brought to all examinations.

\* Final exams will be scheduled by the Registrar's Office. Students are reminded not to make travel plans prior to receiving finalized examination dates. Accommodation will not be granted for travel that conflicts with scheduling.

\* **Please note that final grades in this course are based exclusively on students' performance on four non-cumulative examinations.** Exams may not be re-written, nor will the exams be re-weighted in calculating final grades. Grades will not be adjusted and there are no opportunities to augment grades by completing additional assignments.

**7.0 LECTURE SCHEDULE - This timetable is flexible and may be altered to meet class and lecture requirements**

*Fall Term (September – December)*

<b>Date</b>	<b>Topic</b>	<b>Readings</b>
September 5	Adjusting to modern life	Chapter 1
September 12	Theories of personality	Chapter 2
September 19	Stress and its effects	Chapter 3
September 26	Coping Processes	Chapter 4
October 3	Psychology and physical health	Chapter 5
October 10	<b>FALL STUDY BREAK</b>	<b>NO CLASS</b>
October 17	<b>EXAMINATION #1</b>	
October 24	The self	Chapter 6
October 31`	Interpersonal communication	Chapter 8
November 7	Social Thinking and Social Influence	Chapter 7
November 21	Careers and Work	Chapter 13
November 28	<b>EXAMINATION #2</b>	
December 5	Bridging term 1 and term 2: Social Determinants of Health	

*Winter Term (January – April)*

January 9	Friendship and Love	Chapter 9
January 16	Marriage and intimate relationships	Chapter 10
January 23	Gender and behaviour	Chapter 11
January 30	Development and expression of sexuality	Chapter 12
February 6	Development and expression of sexuality	Chapter 12
February 13	<b>EXAMINATION #3</b>	
February 20	<b>CONFERENCE WEEK (Feb 18-Feb 22, 2019)</b>	<b>NO CLASS</b>
February 27	Special topics: Gender	
March 6	Special Topics: Sexual Coercion	
March 13	Positive Psychology	Chapter 16
March 20	Psychological disorders	Chapter 14
March 27	Psychotherapy	Chapter 15
April 3	TBA	

**EXAMINATION #4: To be scheduled during the Final Exam Period (Apr 11-Apr 30, 2019)**

It is expected that students will attend all classes in order to access complete lecture notes and materials. Students are required to take every test and examination in the course. There are no exceptions to this.

## BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

### 8.0 POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation.

Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the student's instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty

Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: [http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/medicalform.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf).

The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation.

The full policy on requesting accommodation due to illness can be viewed at: <http://www.westerncalendar.uwo.ca/PolicyPages.cfm?>

[Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_1](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_1)

## 9.0 ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar, see the Sessional Dates tab at <http://www.westerncalendar.uwo.ca/index.cfm?SelectedCalendar=Live&ArchiveID=> ).

You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

## 10.0 ABSENCES

**Short Absences:** If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment.

Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

**Extended Absences:** If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate and warranted. It is important to note that the Academic Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory

[http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading\\_68](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68)

## **11.0 POLICY ON CHEATING & ACADEMIC MISCONDUCT**

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at:

<http://www.westerncalendar.uwo.ca/PolicyPages.cfm?>

[Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_20](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20)

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

### **Plagiarism:**

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence.

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

### **Computer-marked Tests/exams:**

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

## **12.0 PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS**

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, she may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, she may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal. For information on academic appeals you can consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the

Academic Calendar

<http://www.westerncalendar.uwo.ca/PolicyPages.cfm?>

[Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page\\_14](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices

## **13.0. SUPPORT SERVICES**

### **Support Services**

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/> .

### **Mental Health and Wellness**

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Health and Wellness at Western, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html), for information about how to obtain help for yourself or others.

### **Sexual Violence**

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.



## **14.0 STUDENT CODE OF CONDUCT AND USE OF ELECTRONIC DEVICES IN THE CLASSROOM**

The Brescia University College student code of conduct information can be found at:

[http://brescia.uwo.ca/about/wp-content/uploads/sites/3/delightful-downloads/2014/06/student\\_code\\_of\\_conduct.pdf](http://brescia.uwo.ca/about/wp-content/uploads/sites/3/delightful-downloads/2014/06/student_code_of_conduct.pdf)

Students are not allowed to have a cell phone, or any other electronic devices with you during tests or examinations. Electronic devices should not be on, or used for academic or non academic purposes during classroom lectures. Inappropriate use of laptops [or smart phones] during lectures, seminars, labs, etc., creates a significant disruption. As a consequence, instructors may choose to limit the use of electronic devices in these settings. In addition, in order to provide a safe classroom environment, students are strongly advised to operate laptops with batteries rather than power cords.

**Students may not audio/video tape lectures. All recording/image, screenshots, taking, sharing or posting of classroom instruction/materials is strictly prohibited.**

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.